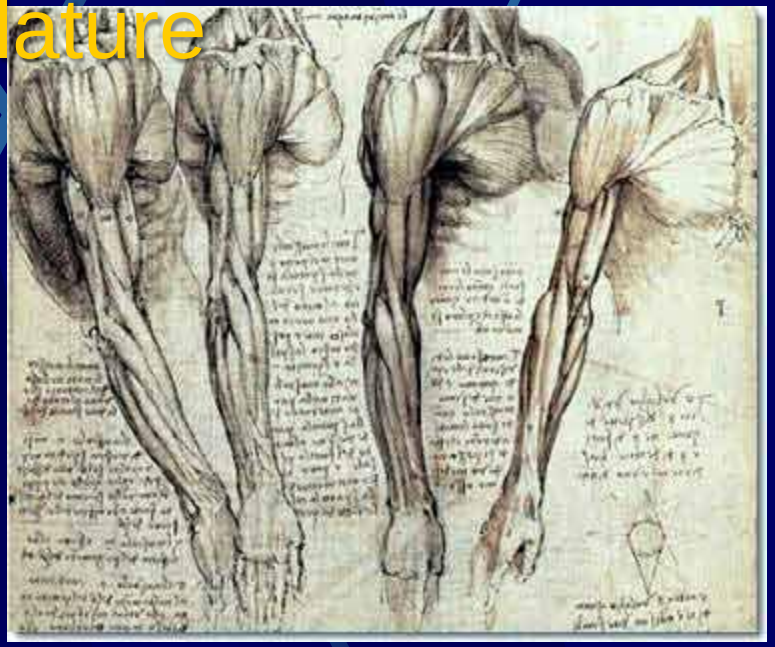
Ch 11 Muscles of the Body, Part 2
The Appendicular Musculature

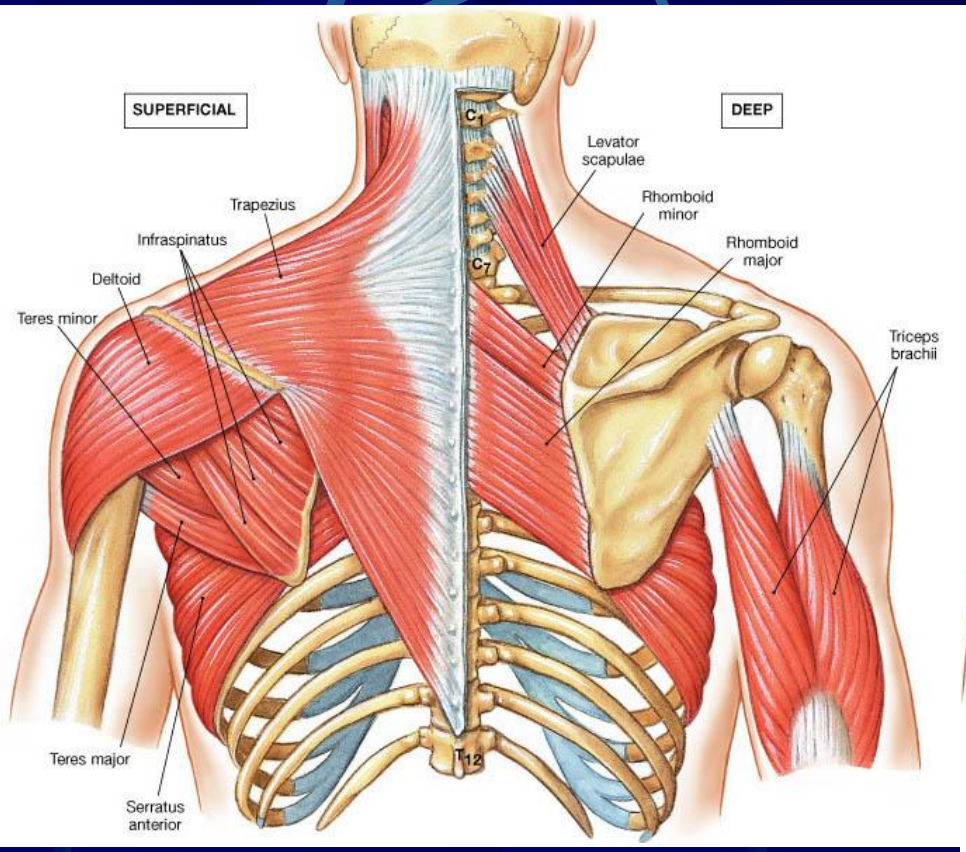


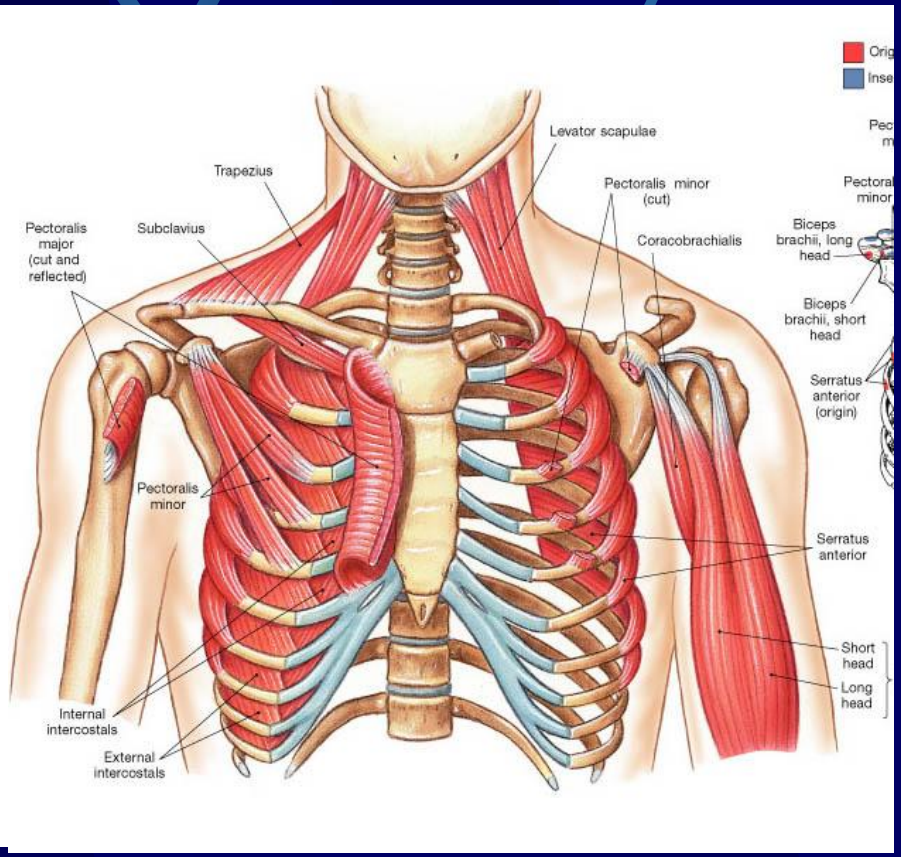
- Pectoral Girdle
  - Upper limb
- Pelvic Girdle
  - Lower Limb
- Refer to the Handout (Appendicular Musculature)
  - We will emphasize the larger and most superficial muscles, and those that have a particularly important activity.

Developed by
John Gallagher, MS, DVM

LAS POSITAS COLLEGE

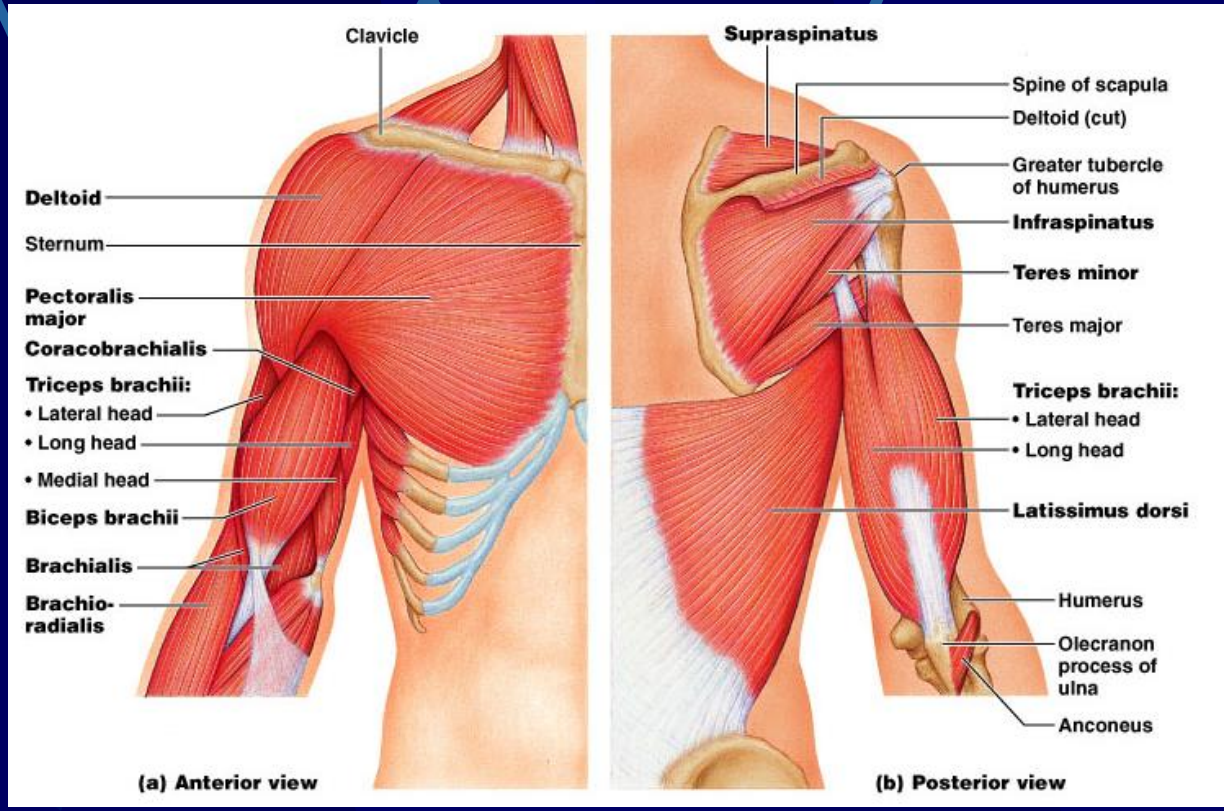
Pectoral Girdle





Anterior Thorax

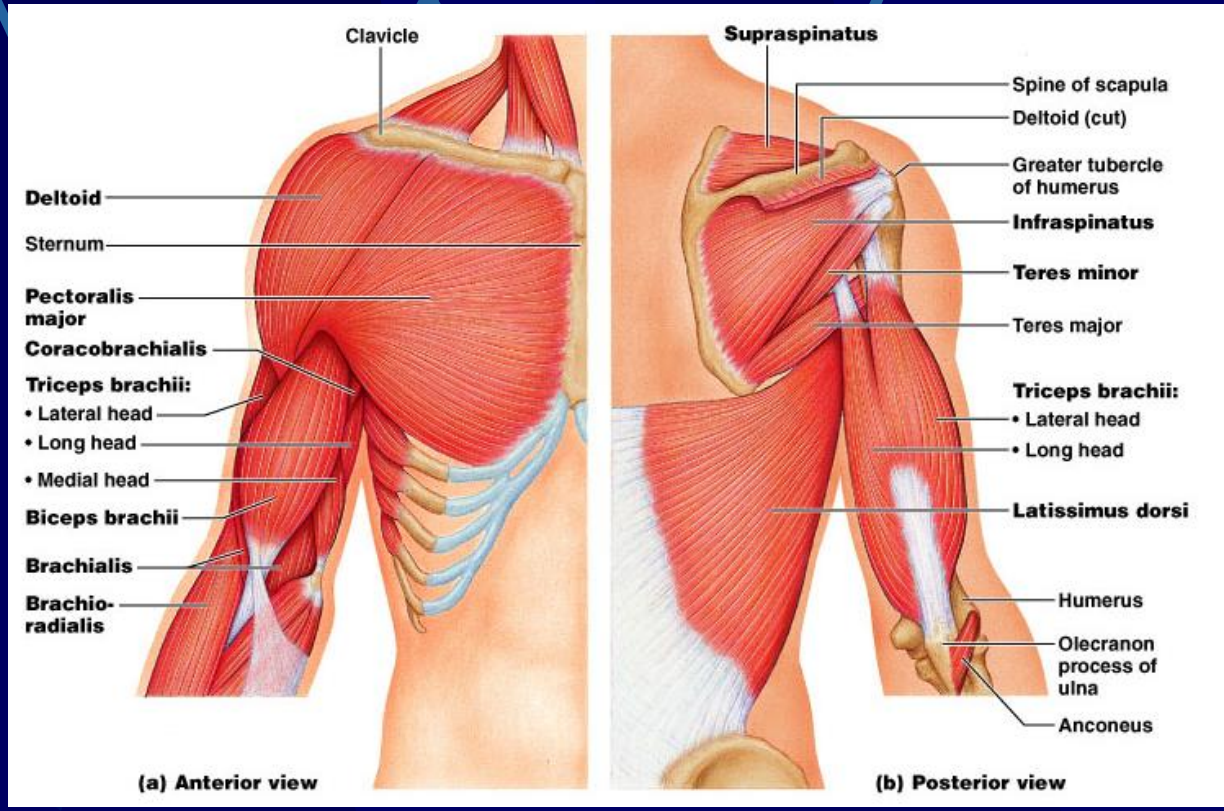
- Deltoid
  - IM injection site
- Pectoralis
  - Major and minor
- Serratus anterior
- Teres minor



Posterior Thorax

- Trapezius
- Latissimus dorsi
- Supraspinatus
- Infraspinatus
- Subscapularis

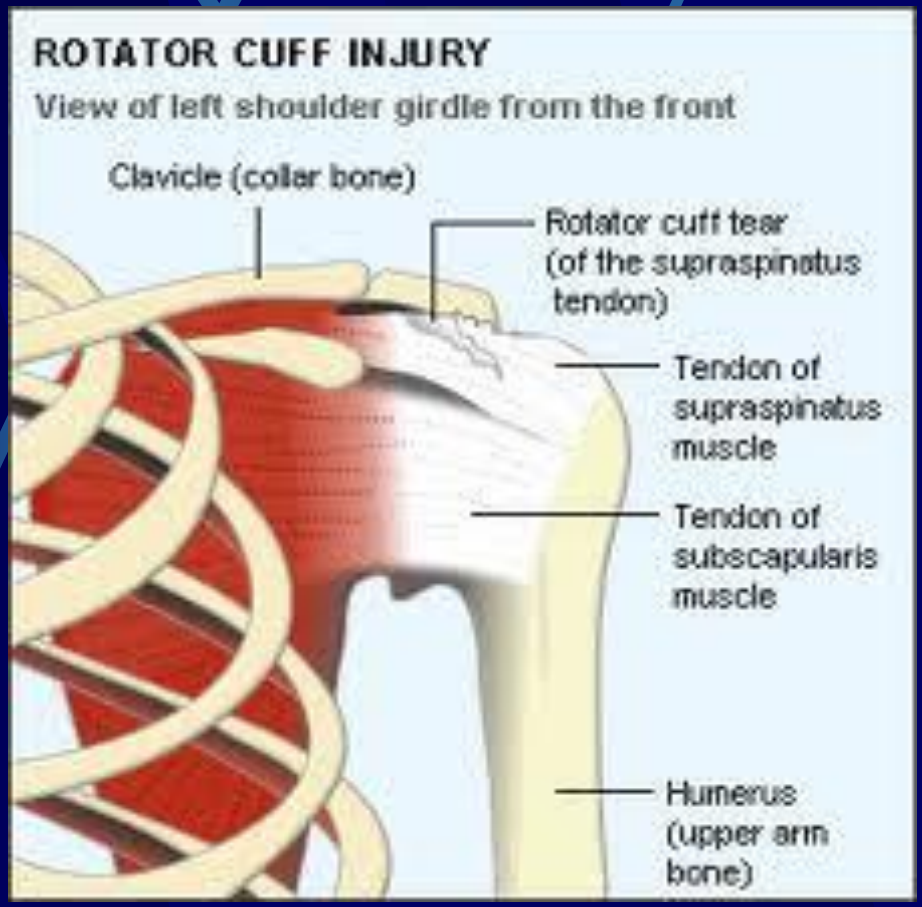
- Triceps brachii
  - Long, lateral, medial heads



Don’t forget the Rotator Cuff p 223

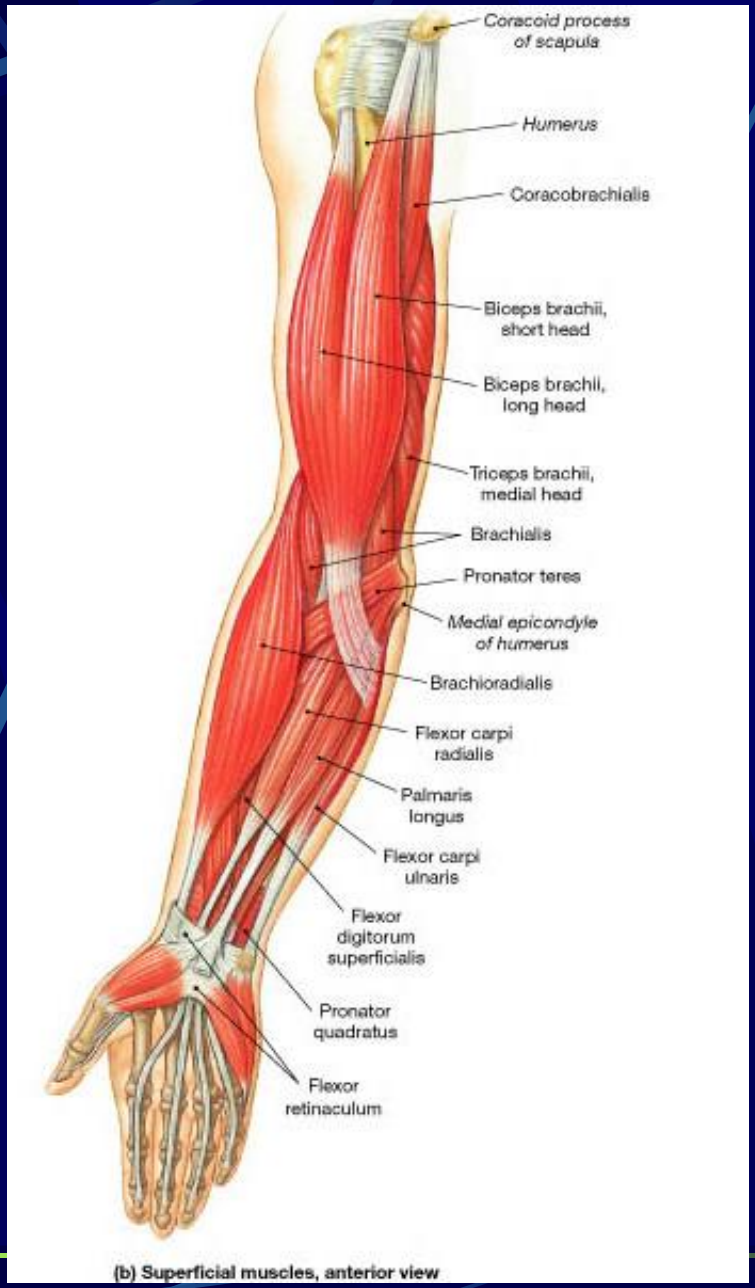
Rotator Cuff refer to Ch 9, p 223

- Supraspinatus
- Infraspinatus
- Subscapularis
- Teres minor


ROTATOR CUFF INJURY
View of left shoulder girdle from the front
Clavicle (collar bone)
Rotator cuff tear (of the supraspinatus tendon)
Tendon of supraspinatus muscle
Tendon of subscapularis muscle
Humerus (upper arm bone)

The Arm, Anterior Aspect

- Biceps Brachii
  - Two Heads
  - Origin: Coracoid and Supraglenoid tubercle
  - Insertion: Radial Tuberosity
- Brachialis – synergist with biceps brachii
- Brachioradialis
- Digital Flexors



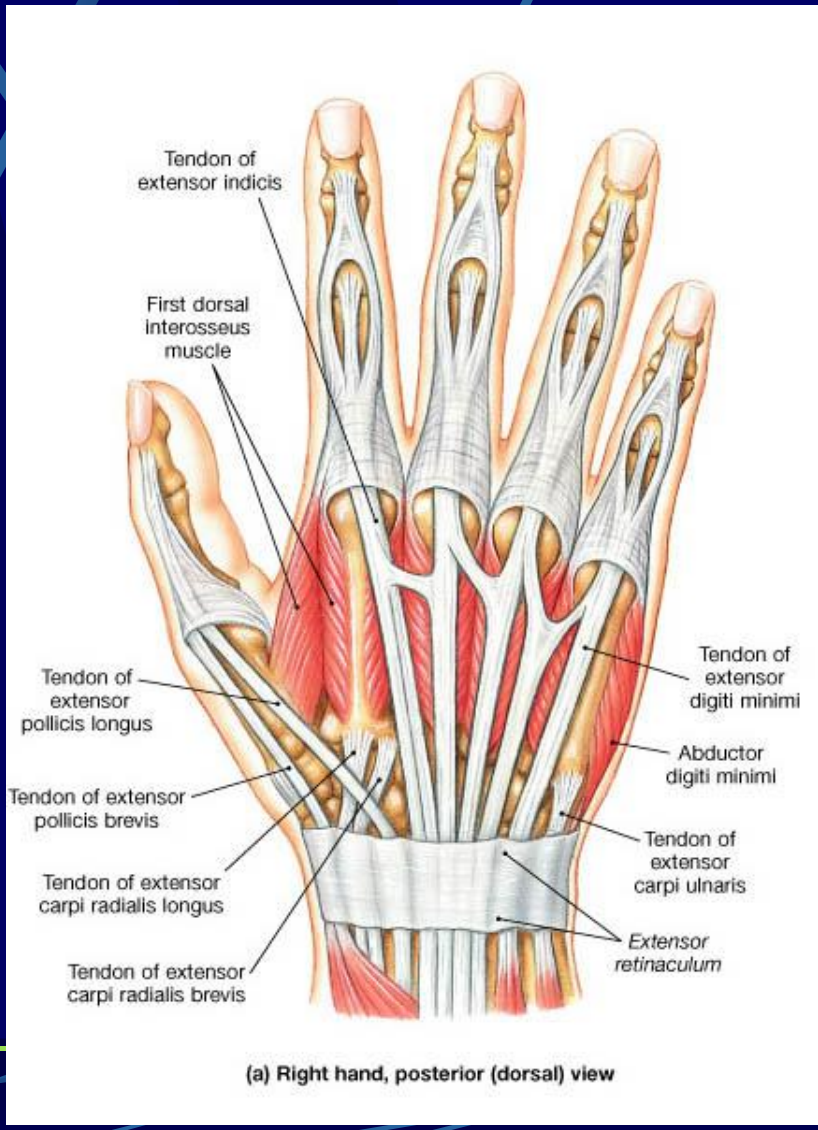
(b) Superficial muscles, anterior view

The Arm, Posterior Aspect

- Triceps Brachii
  - Three Heads:
    - Long
    - Lateral
    - Medial
- Carpal Extensors
- Digital Extensors
- Extensor retinaculum

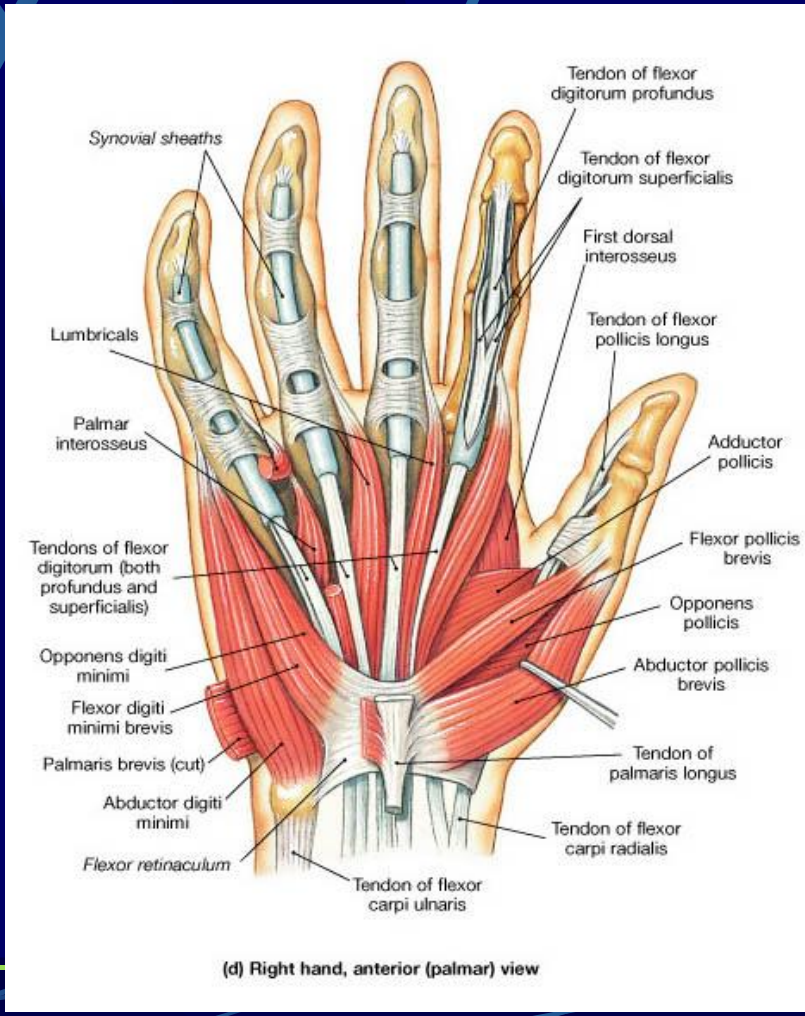
The Hand, Dorsal Aspect

- Extensor retinaculum
- Extensor tendons


Tendon of extensor indicis
First dorsal interosseus muscle
Tendon of extensor pollicis longus
Tendon of extensor pollicis brevis
Tendon of extensor carpi radialis longus
Tendon of extensor carpi radialis brevis
Tendon of extensor digiti minimi
Abductor digiti minimi
Tendon of extensor carpi ulnaris
Extensor retinaculum
(a) Right hand, posterior (dorsal) view

The Hand, Palmar Aspect

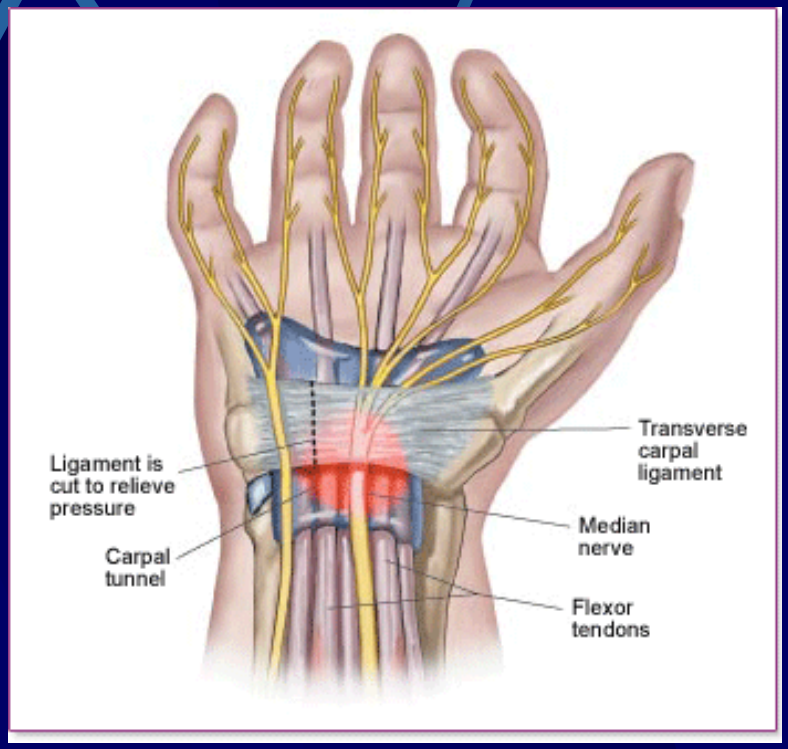
- Flexor Retinaculum
  - AKA Transverse Carpal Ligament
- Flexor tendons



(d) Right hand, anterior (palmar) view

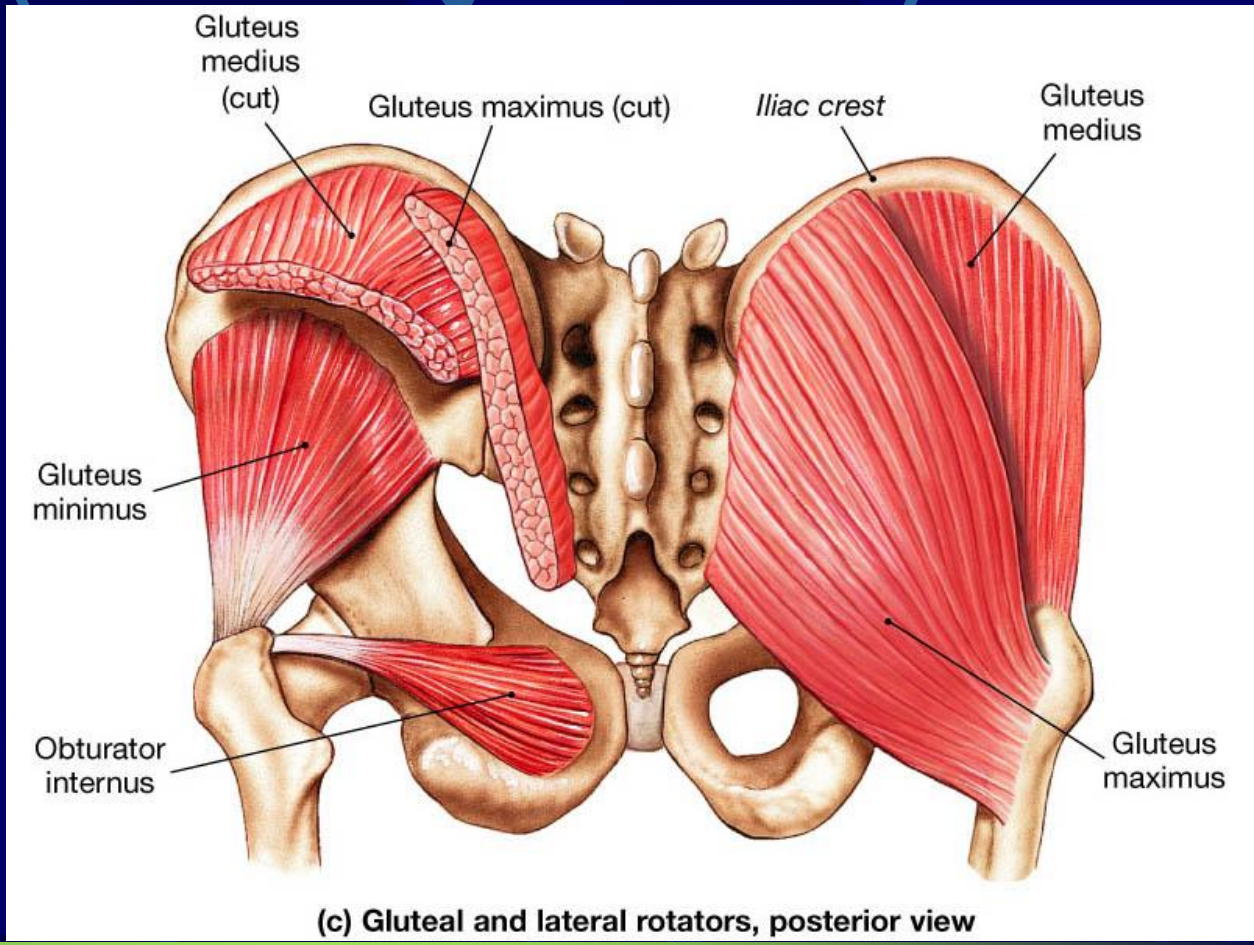
Carpal Tunnel Syndrome

- Usually idiopathic
  - Rheumatoid arthritis
  - Genetics
  - RSI??
- Swelling of the carpal tunnel compresses the median nerve
- Pain, and motor and sensory loss may occur



The Pelvis

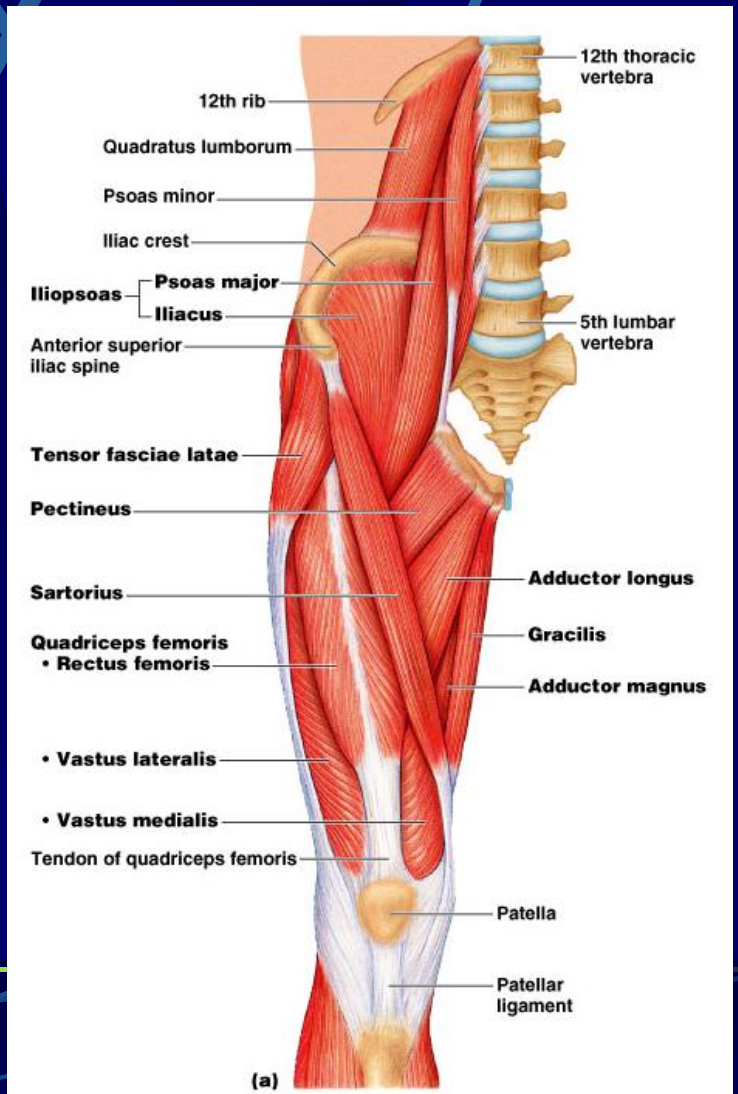
Gluteus maximus
Gluteus meduis
Gluteus minimus



(c) Gluteal and lateral rotators, posterior view

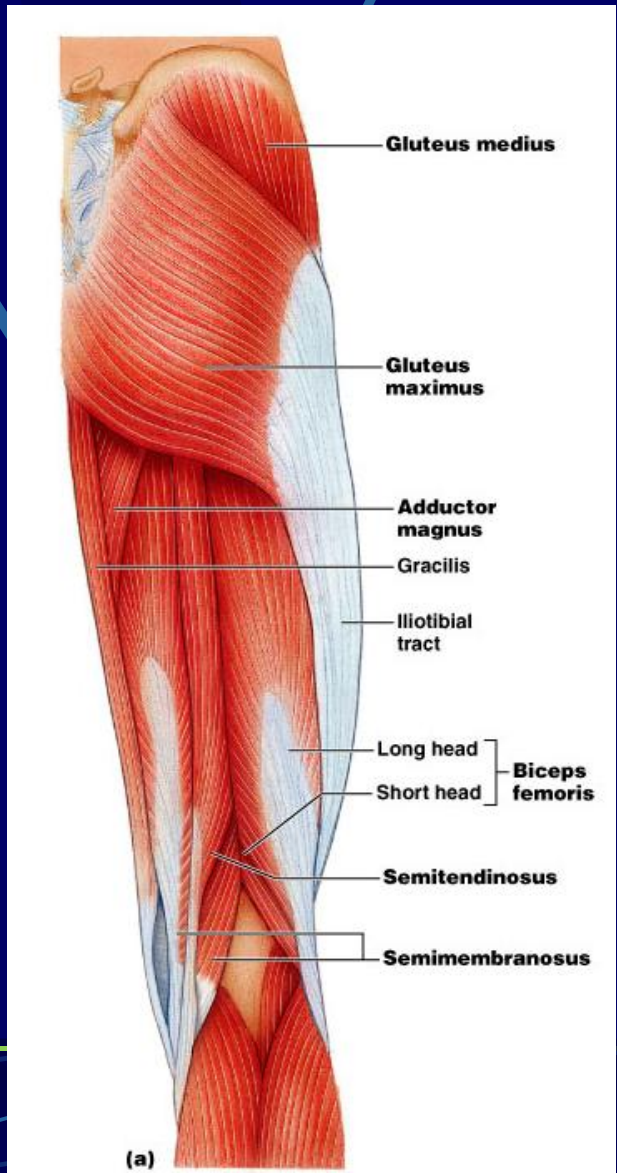
The Thigh: Anterior View

- Quadriceps Group (4 heads) converge as the Quadriceps Tendon
  - Vastus Lateralis
  - Vastus Medialis
  - Rectus Femoris
  - Vastus intermedius
- Iliotibial Tract
- Sartorius
  - Longest muscle in body



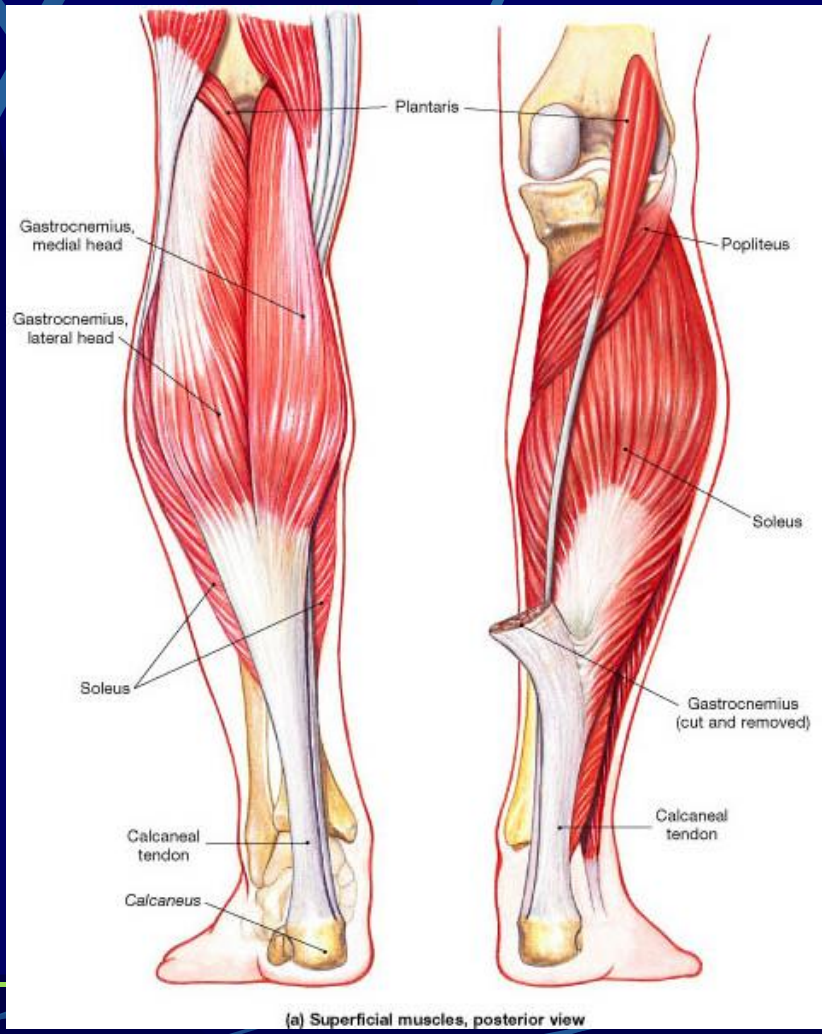
The Thigh: Posterior View

- Gluteal Group
  - Gluteus maximus
  - Gluteus medius
  - Gluteus minimus
- Hamstrings
  - Semimembranosus
  - Semitendinosus
  - Biceps femoris
- Iliotibial tract



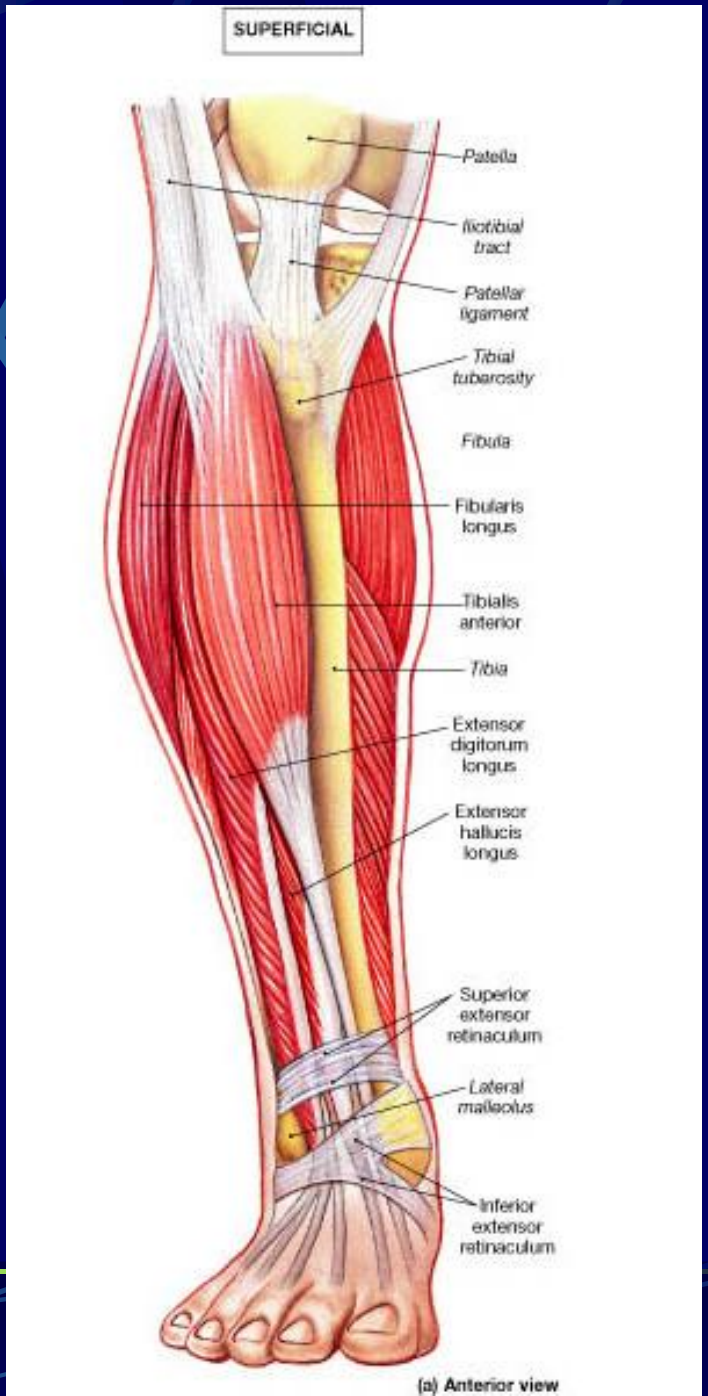
The Calf: Posterior View

- Gastrocnemius
  - Medial and lateral heads
- Soleus (Deep to Gastroc-)
- Both insert on calcaneus
  - Calcaneal (Achilles) tendon

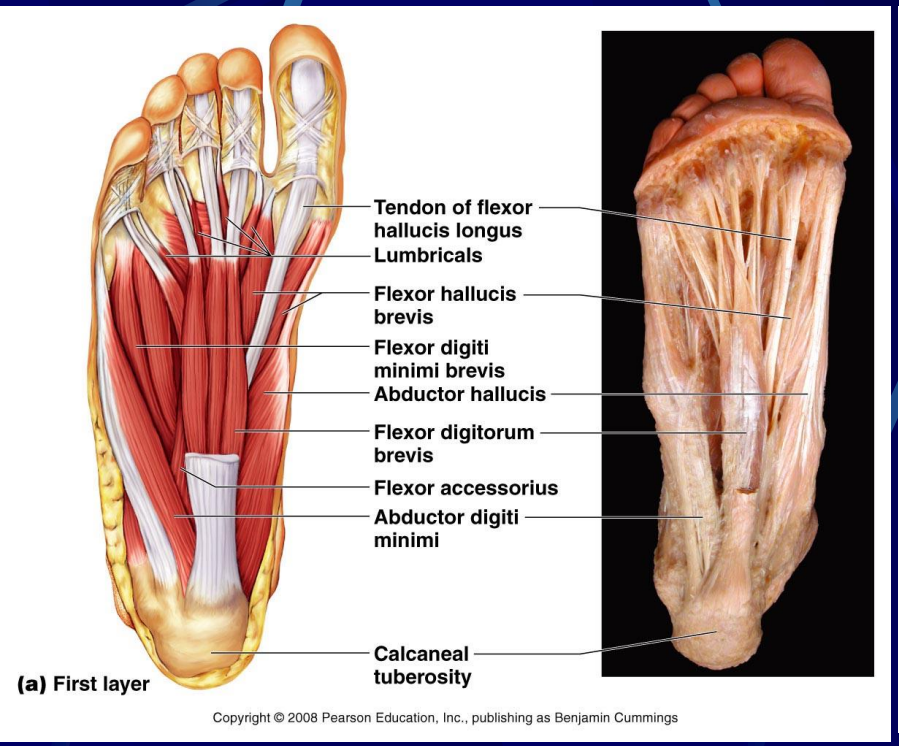


The Calf: Anterior View

- Tibialis Anterior
  - The "toe tapper"
  - Site of shinsplints
- Digital extensors
  - For the toes
- Extensor Retinaculum
  - Superior
  - Inferior



The Foot



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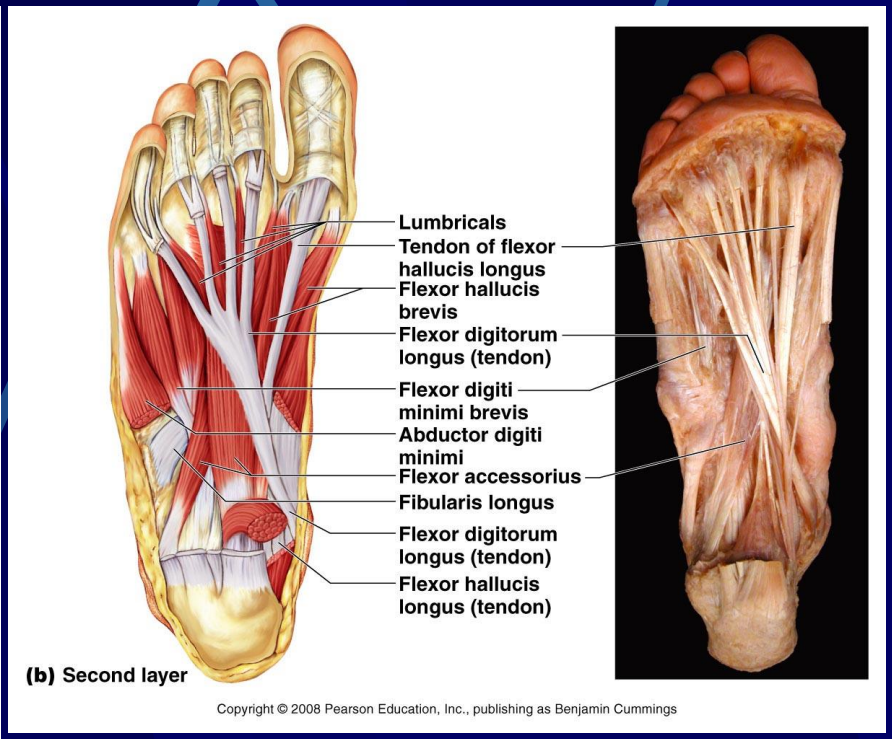

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Surface Anatomy p 329

Both muscular and bony